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*Network of Victim Assistance (NOVA) supports, counsels and empowers victims of sexual assault and other serious crimes in Bucks County and works to prevent and eliminate violence in society through advocacy, training, community education and prevention programs*.

**Bullying Prevention Programs**

***Purpose:*** NOVA bullying prevention programs seek to eliminate bullying and interpersonal violence by encouraging a change in the culture that accepts unkind behavior between peers, and by emphasizing the role of the bystander.

NOVA services are available for children and adults who experience bullying.

**Tips for Parents/Guardians:**

**Know your schools policy on Bullying:** *Every PA School has a policy on bullying.*

**Communicate with School Staff:** *Use the resources and staff available to help your child.*

**Speak with Your Child:** *Praise your child for having the courage to speak up and encourage your child to share their thoughts and feelings about the bullying situation. Remind your child the bullying is* ***NOT their fault****.*

**Document and Report:** *Keep a log based on information that your child relays to you about the bullying behaviors.*

**Identify an Allied Adult:** *Identify an adult at school who has a connection with your child. This person can be a support for the child while in school.*

Additional Questions and or Comments can be sent to:

[steve@novabucks.org](mailto:steve@novabucks.org) or 215-343-6543 [www.novabucks.org](http://www.novabucks.org)

**Bullying Information**

**Statistics**

* 160,000 students in the U.S. miss school daily out of fear of being bullied
* 71% of students have reported that bullying is a problem at their school.
* 43% of students reported being bullied online
* An adult was notified in less than 1/3 of bullying incidents

Sources: [www.stopbullying.gov](http://www.stopbullying.gov), National Education Association

**Signs that a Child is Possibly Being Bullied**

* Injuries the child cannot or does not wish to explain
* Frequently lost or destroyed possessions
* Frequent feelings of illness or faking illness (headache, stomach ache, etc.)
* Sudden changes in eating habits
* Declining grades, lack of interest in school
* Sudden withdrawal or avoidance of social situations
* Helplessness or decreased self-esteem
* Self-destructive behaviors (self-harm, running away, talk of suicide, etc.)

**Signs that a Child is Possibly Bullying Others**

* Frequent physical or verbal altercations with peers
* Have friends who bully others
* Increasingly aggressive
* Frequently disciplined at school
* Unexplained belongings or additional money
* Blames others for their behaviors/not accountable for their actions

** 24-Hour Hotline at: 1-800-675-6900**

Join NOVA in our fight against Bullying.

June 14, 2014

Go to <http://www.novabucks.org/nobullyingrun.html> for more information.